

AIR QUALITY RECOMMENDATIONS: OUTDOOR PHYSICAL ACTIVITY



	Good	Moderate	Unhealthy for Sensitive Groups	Unhealthy (for everyone)	Very Unhealthy
	AQI: 0 - 50	AQI: 51 - 100	AQI: 101 - 150	AQI: 151 - 200	AQI: 201 - 300
Recess (15 minutes)	Great day to be active outside.	Good day to be outside. Unusually sensitive individuals may have symptoms and should consider reducing prolonged exertion and monitor their conditions.	It's okay to be outside for short activities. For longer activities, breaks are recommended. Sensitive individuals should reduce vigorous activities outside.	Consider exercising indoors and take more breaks, possibly reschedule activities. Watch for symptoms and take action as needed.	NO OUTDOOR ACTIVITY. All activities should be moved indoors or rescheduled.
P.E. (1 hour)	Great day to be active outside.	Good day to be outside. Unusually sensitive individuals may have symptoms and should consider reducing prolonged exertion and monitor their conditions.	It's okay to be outside for short activities. For longer activities, breaks are recommended. Sensitive individuals should reduce vigorous activities outside.	Consider exercising indoors and take more breaks, possibly reschedule activities. Watch for symptoms and take action as needed.	NO OUTDOOR ACTIVITY. All activities should be moved indoors or rescheduled.
Athletic Practice or Training (2 - 4 hours)	Great day to be active outside.	Good day to be outside. Unusually sensitive individuals may have symptoms and should consider reducing prolonged exertion and monitor their conditions.	It's okay to be outside with reduced exercise or increased breaks. Sensitive individuals should monitor their conditions.	Exercise indoors or limit heavy outdoor activity with increased breaks. Watch for symptoms and take action as needed.	NO OUTDOOR ACTIVITY. All activities should be moved indoors or rescheduled.
Sports Leagues or Events	Great day to be active outside.	Good day to be outside. Unusually sensitive individuals may have symptoms and should consider reducing prolonged exertion and monitor their conditions.	It's okay to be outside with reduced exercise or increased breaks. Sensitive individuals should monitor their conditions.	Increase breaks and/or substitutions. Watch for symptoms and take action as needed.	NO OUTDOOR ACTIVITY. All activities should be moved indoors or rescheduled.

Please note that these are recommendations only and each agency or facility is responsible for the cancellation of any practices, meets, or games.